



HEARTY FISH STEAKS, marinated before cooking, make fine picnic fare when served with corn on the cob, tomatoes, and lemonade. You can laugh at traffic and relax as you entertain in your own backyard.

Try Fish When You Do Outdoor Cookery

Want something different for the barbecue? Try Oriental Swordfish Steaks, just right for lazy warm evenings when daylight lingers. If you really want to keep the mood oriental, this fish is so tender that after only a few minutes on the grill, it can be easily broken into bite-size pieces and eaten with chopsticks.

The steaks are marinated in and basted with a subtle sauce made tantalizing with

1/2 tsp. oregano
1/4 tsp. pepper

Thaw frozen steaks. Cut into serving-size portions and place in a single layer in a shallow baking dish. Combine remaining ingredients. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased, hinged wire grills. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

This recipe is from a 24-page, full-color, outdoor cookery booklet released by the Dept. of Interior's Bureau of Commercial Fisheries. The publication, Fish and Shellfish—OVER THE COALS, is available for 40 cents from the Superintendent of Documents, Washington, D.C. 20240.



CHICKEN AL FRESCO combines chicken breasts with a sauce made of orange juice, slivered orange rind and a bit of tarragon—an inspired blending of flavors.

Chicken Al Fresco Easy Skillet Dish

Eating out in the open is a way of life for Californians, with chicken one of the popular items served. Chicken Al Fresco is prepared in a skillet in less than an hour and because of ease of preparation lets the hostess relax and enjoy the meal with her guests.

- CHICKEN AL FRESCO**
- 3 whole broiler-fryer chicken breasts, halved
 - Monosodium glutamate
 - Salt
 - Pepper
 - Paprika
 - 1/4 cup butter or margarine
 - 1 cup orange juice
 - 2 tbs. slivered orange rind
 - 1 tsp. dried leaf tarragon
 - 3 cups hot cooked rice
 - 3 tbs. butter or margarine
 - 1 avocado, diced
 - Orange and lemon slices, halved

Sprinkle chicken breasts lightly with monosodium glutamate, salt, pepper and paprika.

Melt butter in a large skillet. Place chicken, skin side down, in skillet and cook until golden brown, turning once. Remove chicken. Add orange juice and slivered rind; bring to a boil, stirring to loosen brown particles from pan.

Return chicken to skillet; sprinkle with tarragon. Cover and cook about 25 minutes. Cook rice and toss with 3 tbs. butter or margarine. Add diced avocado and toss. Place bed of rice on hot serving platter; top with chicken breasts. Spoon sauce from skillet over chicken; garnish with orange and lemon slices. 6 servings.



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Marinade Is Barbecue Secret

What's the secret of barbecuing? It's the flavor of what you serve. And the secret of the flavor is in the marinade.

A marinade seasons food before it is cooked. Marinades require just three basic ingredients: Fat (usually olive oil) food acid (vinegar, lemon or other fruit juice, or wine), and seasoning.

You can use your imagination on the seasonings, but you must remember—the seasoning should enliven and complement (not mask) the flavor of the meat, fish or fowl you're preparing.

Los Cancioneros Slates Auditions

Auditions for membership in Los Cancioneros, an area-wide chorale, will be held Sept. 6 and 8 at 7:30 p.m. at the home of the group's director, Mrs. Barbara Mabin, 27235 Eastvale Road, Palos Verdes Peninsula.

Appointments may be made by calling Mrs. Peter Gram, 377-5052, or Mrs. Robert McCulloch, 377-8570.

The award-winning chorale is comprised of some 50 men and women. Mrs. Mabin, director for the past 15 years, has been named an "outstanding director" in chorale competition.

Mrs. Milton Asher of San Pedro is accompanist.

The fall program of Los Cancioneros will include an informal "sing-for-your-supper" concert, a family Christmas concert sponsored by the Palos Verdes Community Arts Association, Lenten oratories to be performed in area churches, and the Los Cancioneros Spring Concert.

The group also will be featured at the Manhattan Beach meeting of the American Association of University Women in December and at the Inglewood Musical Arts Society concert in February.

Mrs. McCulloch is president of the group.

Stamp Club Auction Set

The Torrance Stamp Club will meet Monday evening at the Scott Park Community Building, 23410 Catskill Ave., Wilmington. The session is scheduled for 7:30.

A stamp auction will be the highlight of the program. Membership information may be obtained by calling Walter W. Taylor, 109 E. 216th St., at TE 4-6718.

Artist Graduates

Mrs. Louise Vickers, 16623 S. Falda Ave., has graduated from the Famous Artists School of Westport, Conn. She specialized in fine arts painting during her three-year home study course.

Press-Herald

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